

Garfield

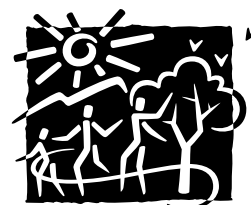
Community Center

**WINTER
2007**



New this Winter ...

- ❄ Hatha Yoga
- ❄ Spanish Language Class
- ❄ Tae Kwon Do / Self Defense



**SEATTLE PARKS
AND RECREATION**

2323 East Cherry
206-684-4788

Registration Begins

December 4

Program Dates

January 1 – March 25

Holiday Closures

Monday, January 1

Monday, January 15

Monday, February 19

NEW!

REGISTER ONLINE · it's easy!

www.seattle.gov/parks



SPARC

Garfield Community Center

2323 East Cherry Street
Seattle, WA 98122

Phone: 206-684-4788 Fax 206-684-4380

Visit us online at www.seattle.gov/parks!

Hours of operation

Monday, Wednesday, & Friday	1 – 9 p.m.
Tuesday & Thursday	10 a.m. – 9 p.m.
Saturday	10 a.m. – 5 p.m.
Sunday	Noon – 5 p.m.

Holiday closure

Monday, January 1, New Year's Day

Monday, January 15, Martin Luther King Jr Day

Monday, February 19, Presidents' Day

Program registration

Registration begins Monday, December 4.

Program dates

January 1 – March 25, 2007

You can make a difference!

Join the Garfield Campus Advisory Council, a group of citizens dedicated to the enrichment of our community. Community support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held on the second Monday evening of every month. The council advises on programs, policies, and financial growth. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

The Garfield Campus Advisory Council meets the second Monday of each month at 6 p.m. in the Community Center. For more information, please contact Mazvita Maraïre at 206-684-4788, ??? at 206-684-4550, or Kristen Schuler at 206-684-4766.

Professional staff

Ken Bounds, *Superintendent*

Christopher Williams, *Director of Operations*

Robert Stowers, *Manager Central Division*

Garfield Community Center Staff

Mazvita Maraïre, *Center Coordinator*

Marlan Teeters, *Assistant Center Coordinator*

Michelle Allen, *Recreation Leader*

Brenna Clausen, *Recreation Attendant*

Roosevelt Straw, *Building Maintenance*

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

Register online!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks, where you can find our seasonal brochures and register for many of our classes online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities.

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. **Please make checks and money orders out to the City of Seattle. Please note:** Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.)

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fees paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Rentals

For information about room rentals, please view our facility rental brochure. (<http://www.seattle.gov/parks/reservations/facrentalguide.htm>)

Specialized Programs

For information on programs for youth/adults with disabilities, please call the Specialized Programs Office at 206-684-4950 or visit the web at <http://www.seattle.gov/parks/SpecialPops/index.htm>.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Garfield Facility Rentals

Rent Garfield Community Center for birthdays, weddings, meetings, dances, family reunions, seminars, craft shows, etc. Contact Garfield Community Center Staff at 206-684-4788 for cost and availability. If Garfield Community Center doesn't suit your needs, visit the Seattle Parks and Recreation website at

www.seattle.gov/parks. There are over 20 great locations that can be rented throughout the Parks Department.



Special Events

Garfield Superbowl XLI Party \$5

This is a great opportunity to check out the game of the year with your friends and neighbors on the **big screen**. We will fire up the grill for some good old-fashioned barbeque, so come hungry. There will be door prizes for adults and supervised activities for the kids. So come join us for Superbowl XLI. Proceeds will benefit Garfield Advisory Council.

Sun, Feb 4

3 – 8 p.m.

Superbowl XLI Facts:

Site: Dolphin Stadium - Miami Gardens, Fla.

Date: February 4, 2007

Game time: 6 p.m. EST

Note: This is the 9th Super Bowl hosted by South Florida (Orange Bowl – 5, Dolphin Stadium – 3). Dolphin Stadium seating capacity for SB XLI: 70,000

Media Center: Miami Beach Convention Center

Home team: NFC Champion will wear its choice of jerseys.

Pregame Entertainment: TBA

National Anthem: TBA

Halftime Entertainment: TBA

Cost of the Vince Lombardi Trophy: \$25,000

Who makes Super Bowl Trophy: Tiffany & Co. of New York.

Cost of Super Bowl rings: League pays for up to 150 rings at \$5,000 per ring (plus adjustments for increases in gold and diamonds). League also pays for 150 pieces of jewelry for the losing team, which may not cost more than one-half the price set for the Super Bowl ring.

Host city economic impact: Super Bowl XL generated a total economic impact in Detroit of \$261 million, according to a study commissioned by Detroit Metro Convention & Visitors Bureau.

TV/Radio coverage: CBS will be televising its 15th Super Bowl. CBS Radio-Westwood One will be broadcasting its 20th consecutive Super Bowl, 33rd overall

Super Bowl XL TV audience: Last year's game was watched by 141.4 million viewers. The 10 most-watched programs in TV history are all Super Bowls.

Garfield's First Annual Pancake Breakfast \$10

There's nothing like starting out your day with a delicious stack of homemade pancakes. This is Garfield Community Center's first annual pancake feed fundraiser. All proceeds are used to help families in need to take part in programs and activities throughout the year.

Come enjoy the warm company of friends and neighbors as you enjoy an all you can eat spread.

Sat, Mar 24

7 – 10 a.m.

Spring Egg Hunt Free

Volunteers needed for preparation and the day of the event! Call Sonya @ 206-684-0780 on Saturday if interested. ***This scramble for candy happens RAIN or SHINE. Be sure to bring your own bag or basket to hunt with.*** Find the special prize egg (4 in each hunt area) to receive something extra. Kids hunt in age-appropriate groups: ages 0 – 3 from 10 to 10:30 a.m.; ages 4 – 6 from 10:30 to 11 a.m.; and ages 7 – 9 group and ages 10 – 12 group from 11 to 11:30 a.m. **Meet at the community center gym NO LATER than 15 minutes prior to your scheduled hunt time to organize for the hunt.** Compliments of Garfield Advisory Council and Lakewood School.

Ages 0 to 12

Sat, Apr 7

10 a.m. – Noon

Family Adventure Camp: Snow Fun Days \$120/person

Ages 10 to Adult

If you're looking for the best way to be introduced to snow sports, look no further than the EZ Ski/Ride 1,2,3 program. EZ Ski/Ride 1,2,3, is our most affordable and flexible way to learn to ski or snowboard.

For only \$120, the program includes three separate 1¾ hour group lessons, complete with rentals and lift tickets valid until close of each day. You choose the days that are most convenient for you. Our shaped ski rental fleet and new Burton Learn To Ride snowboard equipment make learning to ski or ride even easier!

Abilities: first-time, brand new skiers, and snowboarders!

Saturdays

10 a.m. – 6 p.m.

Feb 3 – Feb 17

Toddlers/Preschoolers



Busy Bees – Soccer

\$40

Ages 3 – 5

Busy Bees puts the “Fun” in sports fundamentals!

The Busy Bees program is a fun and exciting way for your child(ren) to get out and exercise in an organized low pressure setting and to learn the basic fundamentals of sports.

Location: Gym

#12058 MW 5:30 – 6:30 p.m. 1/3 – 2/12
#12067 MW 5:30 – 6:30 p.m. 2/12 – 3/21

Kinder Karate Tae Kwon Do Beginner & Advanced

\$45/mth

Ages 4 to 6

Children will experience a fun martial art based learning environment. Skill and coordination games will be taught as well as beginning martial art techniques. This is a perfect introduction to the martial arts. The instructor has over 25 years experience teaching, studying and training in the martial arts and working with youth. A uniform is required and will be available for purchase during the first week.

A new session will begin every month.

Location: Kidspace Room

Class meets twice per week:

Tuesdays 6 – 6:30 p.m.
Saturdays 9 – 9:30 a.m.

Registration Information

Barcode	Dates
#12273	1/2 – 1/23
#12274	2/6 – 2/27
#12275	3/3 – 3/31



Play and Learn

Free

Ages Toddlers to Age 5

Garfield Community Center & Cascade People Center Present: Play & Learn

Bring your little ones, up to age 5 out to play and make new friends. Includes story time, arts & crafts, and school readiness. Adult supervision is required at all times.

Tue/Thu 10:30 a.m. – 12:30 p.m.

Youth Programs

Citywide Basketball League

\$55
Ages 10 to 17

Come and meet new friends as you learn the skills of basketball. Garfield teams will play teams from other community centers within the city. A child's team will be determined by the child's age on

August 31, 2006. Practice times will be determined by coaches' availability. Games are played on either Fridays, Saturdays, or Sundays.

Location: Gym

Age Group	Barcode	
	Boys	Girls
10	#13284	#10894
11	#13286	#10895
12	#13288	#10930
13	#13289	#10999
14 – 15	#13290	
16 – 17	#13291	
14 – 17		#11000

Garfield CUB Basketball

\$55
Ages 8 to 9

Come and meet new friends as you learn the skills of basketball. Garfield teams will play teams from other community centers within the city. A child's team will be determined by the child's age on August 31, 2006. Practice times will be determined by coaches' availability. Games are played on either Fridays, Saturdays or Sundays.

We are looking for adult volunteers to coach, so please contact Michelle Allen if you are interested in coaching a team.

Location: Gym
#10799 Boys' League
#10893 Girls' League

Garfield Cheer Club

\$50
Ages 4 to 18

RAH! RAH! RAH! In this fun and energizing class students will learn the art of Cheer. Curriculum will include: Stances, Voice Projecting, Beginning Tumbling, Basic Stunting and Cheer Dance.

Location: Key Project Room
#12073 Sun
3 – 5 p.m.
1/7 – 4/1

Individual Piano Lessons

\$60
Ages 4 and older

Have fun learning to play the piano at the Garfield Community Center. Music is a universal language all around us, and piano is a great way to join in the conversation. Learn the skills that will enable you to play your favorite piano pieces as well as play along to your favorite songs.

Lessons are for all styles from classical to pop and jazz, and are tailored to your interests while still supplying all the fundamental skills including music theory, sight-reading, and analysis.

Learning piano also has the additional benefits of improving concentration, hand eye coordination, and self esteem and is a great way to improve study habits.

Location: Meeting Room #7
**#12183 MTW
Thu**
**1 – 5 p.m.
1 – 4 p.m.**
1/2 – 4/2

Indoor Soccer

\$45
Ages 5 to 7

Did you ever see Dinosaurs play soccer....Dino-Soccer, Dino-Score, Dino-Mite! This program is a fun way for young soccer players to learn the basics of this sport in a supportive and educational environment. Each team will choose a dinosaur name for their teams. Practices will be one hour a week, starting Feb 4th either at 4, 5, or 6pm. Games will be played on Friday and possibly early Saturday morning, depending on the number of teams.

So come sign up your son and daughter,

Let's play some Stegosaurus Soccer!!

Only 12 players per team - NO EXCEPTIONS

Volunteer Coaches needed.

Registration starts Monday, Feb 13.

Practice starts the week of March 20.

Games go from March 31 - May 26.

Location: Meany Middle School

Instructor: Volunteers needed

Mon, Mar 20 – Fri, May 26
4 – 7 p.m.

Youth Programs

Junior Dragons Tae Kwon Do Beginning & Advanced

\$55/mth

Ages 7 to 12

This is an exciting class where elementary school age children learn the Korean art of Tae Kwon Do. TKD is known for its amazing kicking and graceful hand techniques. Students learn important life skills (courtesy, integrity, perseverance, self control and indomitable spirit) all the while having fun, being comfortable with bodies and becoming leaders to their peers. Our USITF TKD uniform is required as it promotes discipline & self respect and can be purchased during the first week. If you have trained in another style of martial arts we transition over your belt and ranking to our system so you are able to keep your current martial art belt and rank.

A new session begins every month!!!

(Adults may register for this class with their children to make it a family learning experience)

Location: Kidsplace Room

Class meets twice per week.

Tuesdays 6:30 – 7:30 p.m.

Saturdays 9:30 – 10:30 a.m.

Registration Information

Barcode	Dates
#12211	1/2 – 1/23
#12256	2/6 – 3/3
#12558	3/6 – 3/31

School Age Tutoring and WASL Prep

Free

Ages 10 to 18

Garfield is offering a great opportunity to get help with school work, and prepare for the WASL. Come get help using state of the art WASL software and expert instruction.

This program is designed to:

- 1) teach study skills.
- 2) prepare students for standardized test taking.
- 3) and most importantly, help students learn and get the most out of their homework study.

Instructor: Kanisha Buss

Tue/Thu 5:30 – 7 p.m. **Jan 9 – Mar 29**

Before School Program

\$160/mth

Ages 5 to 12

Start your morning off on the right foot. Enroll your child today for early morning care! Small group activities and a light breakfast will be provided daily. **Second child discount \$150.**

Location: Kidsplace Room

Mon – Fri 7 – 9 a.m.

After School Program

\$245/mth

Ages 5 to 12

Sign up now for our After School Program. Garfield's childcare provides a safe, kid friendly, age appropriate and enriching environment for children to engage in recreation and learn. We offer a fun and exciting program where children can participate in a variety of field trips and activities such as tutoring, arts/crafts and swimming. **Second child discount: \$235.**

Location: Kidsplace Room

Mon – Fri 3 – 6 p.m.

Before & After School Program Notes

- DSHS Licensed
- Snack served daily.
- Scholarships are available. Space is limited so sign up now!!
- A registration packet must be completed before enrollment.
- Parents are encouraged to make arrangements with Seattle Public Schools for before and after school transportation. 252-0900
- Price includes Seattle Public School early release days.
- Minimum program enrollment is 16 participants.

Registration Information

Barcode		
Dates	Before School	After School
1/2 – 1/31	#11974	#11872
2/1 – 2/28	#11977	#11878
3/1 – 3/30	#12033	#11880
4/2 – 4/30	#12052	#11881

Youth/Teens

Mid Winter Break Camp

Ages 5 to 12

Second child discount \$112.

Location: Kidsplace Room

#13045 Tue – Fri 7 a.m. – 6 p.m. 2/20 – 2/23

Fees: \$116; second child discount \$112

Professional Development Days

Ages 5 to 12

#11879 Fri, Feb 2 7 a.m. – 6 p.m.

#11884 Fri, Mar 16 7 a.m. – 6 p.m.

Fees: Both BF & AF \$10

Either BF or AF \$15

Not in BF or AF \$29

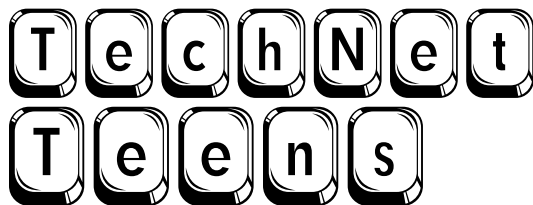
Homework Help, Project Assistance, Academic Success and Skill Building

TechNet, the new technology program for middle and high school students!

Ages 11 to 18

Garfield Teen Program in partnership with Americorps and the RecTech coalition have been in part, funded by a grant from the Bill and Melinda Gates Foundation. The TechNet project is designed to bring youth, teachers, providers and families closer to education related goals and success on the WASL. TechNet Program is part of the RecTech Community Technology Center, whose mission is to provide programs that effectively use technology for education, recreation, and community services for children, youth, adults, and neighborhoods. TechNet will be held at Garfield Community Center, at the "New" Technology Learning Center. We encourage parent/caregiver involvement in the program.

Tuesday, Wednesday, Thursday 3:30 to 4:30 p.m.



*technology
& academic support programs
serving
middle & high school students*



Want to learn something new?

- 🎬 movie production
- 💻 website design
- 📷 digital photography
- ➡ 3-D animation
- 🎧 music production

Need help with school work?

- 💻 online tutoring
- 📖 on site tutors
- 🌐 internet access

For more information about TechNet Teens, please contact Christina Arcidy at 206-233-7017 or christina.arcidy@seattle.gov or visit our website at www.seattle.gov/parks/centers/labs.htm

Tuesday – Thursday 3:30 – 4:30 p.m.

Location: Garfield Community Center
Technology Learning Center

Teens/Adults

Conversational English and Basic Computer Training **\$2 drop-in**

If you would like help developing conversational English skill and using English based computer systems this class is for you. The course will cover English as a Second Language skills involving grammar, vocabulary and sentencng. Basic computer skills including using the internet, e-mail and word processing will also be taught in this course. **Garfield Advisory Council Scholarships are available on a as needed basis**

Instructor: Kanisha Buss

Fridays 5:30 – 7 p.m. Jan 19 – Mar 9

Fitness Card Only \$10 per Month!!!

This card entitles purchaser to the use Garfield Community Center's fitness facility that is equipped with a treadmill, bikes, Stairmaster, free weights, and television.

Fees: \$10 per month for first 50 participants or \$2 per day drop-in fee

Adult and Teen Tae Kwon Do & Filipino Martial Arts **\$65/mth**

Ages 12 and older

Tae Kwon Do

This class is a challenging, fun class for both adults and teens. Mental focus, positive attitudes and respect are the backbone of Tae Kwon Do. Powerful hand techniques dynamic kicking, self defense, proper form, stretching and strengthening techniques as well as different styles of sparring and even ground fighting techniques will be taught! If you thing you know what a TKD class was, think again, you're in for a real treat! If you have trained in another style of martial Arts we transition over you belts ranking to our system, so you are able to keep your current martial art belt rank!

Filipino Martial Arts

Disarms, empty hand, footwork striking, locks, sweeps, and throws will be taught as well as various single & double stick drills. Nunchakau, Kali Sticks & Swords are a few of the traditional training methods taught in this class. Safety is stressed as well as proper respect for self and others. Class uses individual training as well as partner training drills.

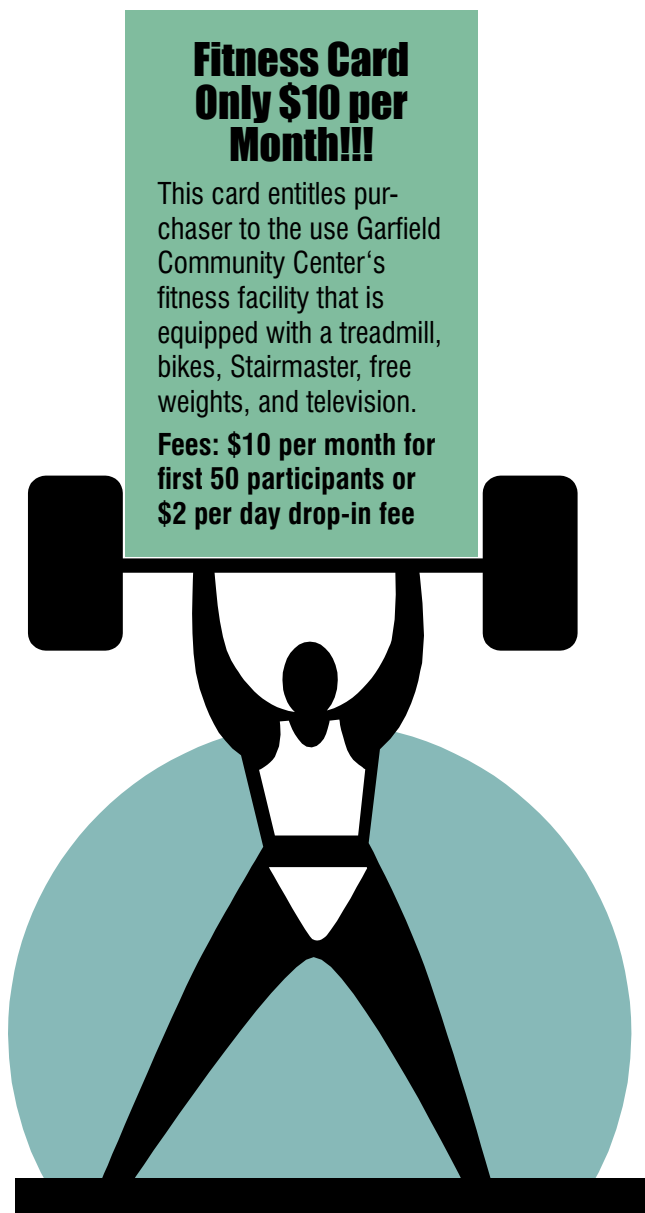
Location: Kidsplace Room

Class meets twice per week.

Tuesdays 7:30 – 9 p.m.
Saturdays 10:30 a.m. – Noon

Registration Information

Barcode	Dates
#11857	1/2 – 1/27
#11859	2/6 – 3/3
#11860	3/6 – 3/31



Teens/Adults

Acrylic Painting Class \$150/session

Ages 10 and older

This Acrylic Painting Class is for adults and children (age 10+) who is interested in art. There will be instruction in how to draw, art theory (including composition, drawing from life, values, color theory, light/ shade/ shadow), and how to set up and paint with acrylics. The class runs in six week blocks on Wednesday evenings, 6:30-8:45.

This class is designed for beginning and intermediate level artists. Even if you have no art experience, but truly want to have art in your life, this class is for you.

The instructor: Jacqui Beck has a Master's Degree in Counseling Psychology from the University of Victoria. She has been working as an artist for 12 years, and has been teaching art and music to adults and children for nine years.

Materials and Supplies: Students provide their own materials (instructor will provide supply list).

Location: Arts & Crafts Room

#11825 Thu 6:30 – 8:45 p.m. 1/11 – 2/15

#11840 Thu 6:30 – 8:45 p.m. 3/1 – 4/5

Spanish Class \$59/session

Ages 13 and older

Do you ever feel like Chris Rock's character in the movie Rush Hour, as he is saying, "Do you understand the words that are coming outta my mouth?!" If so, and the communication barrier arises from Spanish, then this class is for you! We will learn the basics of grammar, commonly used vocabulary, conversational practice and pronunciation. From playing BINGO with vocabulary cards to hearing Daddy Yankee rap in Spanish, this class will cover it all. Learning how to introduce yourself to a stranger, ask for directions in the city or order dinner at a restaurant you will have these skills (and many more!) mastered by the end of the class. This is a beginning level class that requires no previous experience."

Location: Meeting Room #7

#13791 MW 6:30 – 7:30 p.m. 1/17 – 2/12

#13792 MW 6:30 – 7:30 p.m. 2/21 – 3/19

Get a free flu shot and help us prepare

Free

1. Practice

Public Health is practicing our ability to give vaccinations to a large number of people in a short amount of time. So if we ever need to respond quickly, we'll be ready.

2. Prepare

By volunteering to be part of our event, you're helping Public Health prepare to quickly provide vaccines that can reduce the rapid spread of illnesses in an emergency. Fortunately, there is no emergency at this time.

3. Stay Healthy

At this event, you and your family will get a free vaccination that helps protect against common flu germs. This will give you a much better chance of staying healthy this winter.

Flu shots are recommended each year especially for:

- children 6 – 23 months old
- people 65 years or older
- other people who have chronic diseases, and their caregivers
- pregnant women

Doors open at 10:00 a.m. and close no later than 2:00 p.m., or as soon as 1,000 people receive a flu vaccination.

Questions? Call (206) 296-4672; TTY Relay: 711

Sat, Dec 2

10 a.m. – 2 p.m.

The Bikery – Bike Clinic

Free

Do you have a bike that needs some fixing? Bring it down to the Bikery's free weekly bike clinic where we put the tools in your hands and, should you need it, the mechanical know-how too. You can fix up your own bike and keep it running in the future. We provide the mechanical guidance and tools, you provide your bike and any parts.

Ages All Ages

Sundays

2 – 5 p.m.

Jan 7 – Mar 25

Yoga – Hatha

\$50

Ages 18 and older

Kripalu (Compassionate) Yoga

Begin where you are and get better! This is a fantastic practice for people in mid-life and beneficial for younger students seeking to relax and experience more joy. A reflective yoga, it offers the prospect of resolving long-standing restrictions — physically, emotionally and spiritually — through gentle stretches and slow-paced poses, breath, movement, silence, still moments, laughter, sighing and having fun.

With attention to alignment as a central process, Kripalu yoga is both strengthening & energizing. Increase your health, depth of experience in daily activities and your capacity to ride life's ups and downs with this gentle yoga!

Bring a yoga mat (or use ours) and small pillow.

Taught by a certified Kripalu teacher with 30 yrs. of yoga experience.

#12326 Tue 5:45 – 7 p.m. 1/23 – 2/27

Location: Key Project Room

#12329 Thu 7:45 – 9 p.m. 1/25 – 3/1

Location: Multi-Purpose Room

Yoga – Hatha (Mini Session)

\$25

Ages 18 and older

#12331 Tue 5:45 – 7 p.m. 3/6 – 3/27

#12332 Tue 5:45 – 7 p.m. 3/13 – 4/10

Location: Key Project Room



Beginning Swing – Lindy Hop

\$60

Advanced \$55

Ages 16 and older

Whether you have two left feet and no dance experience, or if Lindy Hop is something you'd like to add to your repertoire -- this is the class for you! As the original swing dance, Lindy Hop has it all -- from exciting and flashy to smooth and cool. Come join us in this fun and versatile dance and we'll get you dancing the basic steps before you know it! You can join the class during the first or second week of the series. A dance partner is not required.

The instructors of this class are regional and national champions, are well known performers from a variety of shows featuring Swing dancing, and are highly sought after teachers. More details about the teachers and this class can be found at

www.SeattleSwing.com. No Partner Required!

Instructor: Chris Chapman & partner, of HepCat Productions.

Location: Multi-Purpose Room

Session 1

#13802 Wed 7:45 – 8:45 p.m. 1/3 – 1/31

Session 2

#13803 Wed 7:45 – 8:45 p.m. 2/7 – 3/7

Lifelong Recreation

Registration Information

Cheryl Brown, Recreation Specialist
206-233-7255

E-mail: cheryl.brown@seattle.gov

Winter Quarter Dates: January 2 – March 16

No classes: Jan 1, Jan 15, Feb 19

Registrations and Payment: You can register beginning December 4 in one of three ways: You can call Cheryl at 206-233-7255; you can register online at www.seattle.gov/parks; or you can register at your local community center. Please make checks payable to City of Seattle. We also accept cash, checks, Visa, MasterCard, and American Express. **Please note:** class dates and times are subject to change. On all trips, lunch is on your own.

For more information on these events and other events Citywide, please call Lifelong Recreation Programs at 206-684-4951 and request a copy of our latest brochure.

Mailing address: Attn: Cheryl, Lifelong Recreation, 8061 Densmore Ave N, Seattle, WA 98103-4436

Fit For Life

\$30 – 1 day/wk

Improve your health and tone your muscles for increased flexibility and mobility. This low-impact aerobics class is geared to your individual fitness level.

#13267	Mon	10:45 – 11:45 a.m.
#13268	Wed	10:45 – 11:45 a.m.

Ballroom Dance

\$20

Learn basic ballroom steps such as the waltz, cha-cha, fox trot, and much more. Practice and become comfortable on the dance floor! No partner is needed.

Instructor: Mu Yun Chen

#13691	Tue	12:30 – 1:30 p.m.
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Line Dance

\$20

Get out on the dance floor and move to the music — dancing is great for the body and soul! No experience or partner is needed. **Instructor: Mu Yun Chen**

#13320	Tue	2 – 3 p.m.
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Gentle Yoga

\$30

Stretch your muscles and gain strength, flexibility and balance while you improve relaxation in this gentle yoga class for all fitness levels. **Instructor: Paul Fetorowicz**

#13269	Wed	9:30 – 10:30 a.m.
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First Hill Sound Steps

Free

Join other Sound Steppers for a fun walk exploring the First Hill neighborhood! Meet at Chancery Place, 910 Marion Street.

Wednesdays 10 – 11 a.m.

Chancery Place

Garfield Sound Steps

Free

This walking group in the Garfield community meets every Thursday at the community center.

Thursdays 10 – 11 a.m.

Garfield CC

Vietnamese

Food and Fitness Program

Free

This program offers an opportunity for seniors to congregate and celebrate their cultures and languages while learning to navigate American life. Each day offers lunch, social, educational, and fitness programs and a food bank on Fridays.

#13332

Tue/Fri

10 a.m. – 1 p.m.

Theatre Games

\$32

Play! Using improvisation, pantomime, and other theatrical methods, we will exercise mind and body in this fun, relaxing class which will explore acting. It's for non-actors and actors alike! **Instructor: Bill Dore.**

#13327

Wed

11 a.m. – Noon

Day Trippin'

\$6/hike

Explore beautiful parks and trails in this hiking program. Hikes are usually about 3 miles on varied terrain. Weather permitting, bring lunch for the trail. In rainy weather we will lunch (on your own) at a restaurant close to the hike. Be prepared for wet or muddy trails with appropriate clothing and footwear! We provide transportation. **Please register ahead of time by calling 233-7255. Van pickup from Garfield is at 10 a.m. We'll return at approximately 3 p.m.**

#13259	Tue, Jan 9	Point Defiance
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#13262	Tue, Jan 23	Issaquah Creek
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#13261	Tue, Feb 6	St. Edwards Park
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#13260	Tue, Feb 20	Redmond Watershed Preserve
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#13258	Tue, Mar 6	Coal Creek Falls
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Red Hat Society \$5 transportation per event

Join this group of women 50 and older who are looking for fun! We'll have a monthly event that all are welcome to attend! Lunch will be "on your own," and we'll provide transportation from Garfield CC for most events. Please register in advance—these events fill up fast!

#13321	Thu, Jan 18	10 a.m. – 4 p.m.
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#13322	Thu, Feb 15	10 a.m. – 4 p.m.
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#13323	Thu, Mar 8	10 a.m. – 4 p.m.
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Lifelong Recreation

Discover DaVinci

\$7.50

Tour the Leonardo DaVinci: Man/Inventor/Genius exhibit at the Museum of Flight, have lunch on your own at the museum's cafeteria, then explore the history of flight at the regular museum exhibit. \$22 museum admission fee includes both the DaVinci and regular museum exhibits.

#13274 Fri, Jan 5 9:30 a.m. – 3 p.m.

Tour Two Eastside Establishments \$12

Tour two east side establishments: first learn the history of the Microsoft company at their Visitor Center, then take a candy factory tour at Elegant Gourmet. We'll also stop to eat lunch (on your own) at a local restaurant.

#13466 Fri, Jan 12 9 a.m. – 4 p.m.

LeMay Museum

\$10

Take a tour of the world's largest privately owned collection of automobiles, motorcycles, trucks, and related memorabilia. Please bring \$15 for admission to the museum. You're on your own for lunch in Tacoma after the tour.

#13272 Fri, Jan 19 8:30 a.m. – 3 p.m.

Lovely LaConner

\$10

The quaint shops, the museums, the yummy lunch stops, and the ocean breeze, LaConner has it all! Lunch is on your own at a local restaurant.

#13273 Fri, Feb 2 10 a.m. – 5 p.m.

Valentine Theme Trip

\$8

On this Valentine-themed trip, we will explore some locations that feature flowers and candy, including Theo Chocolate in Fremont and lunch (on your own) at a local restaurant.

#13470 Fri, Feb 9 10 a.m. – 4 p.m.

Madison Park Secrets

\$7.50

We'll visit the Pioneer Museum, and then we'll move on to the Fisk Genealogy library. After, we'll have lunch (on your own) in any of the fine Madison Park lunch establishments with time to explore!

#13275 Fri, Feb 16 10 a.m. – 3 p.m.

King 5 Newsroom

\$8

See behind the scenes in the King 5 newsroom as the crew prepares for the noon news broadcast. Lunch (on your own) and other adventures will follow.

#13471 Fri, Feb 23 9 a.m. – 4 p.m.

Triple Town Treat

\$8

Enjoy the day rambling through Monroe, Sultan, and Skykomish, where history is preserved and dollar stores abound. Lunch is on your own at a local restaurant.

#13276 Fri, Mar 2 10 a.m. – 4 p.m.

Port of Seattle

\$8

Tour the Port of Seattle building down on the waterfront. Get an introduction to the Port functions and tour the facilities.

#13472 Fri, Mar 9 9:30 a.m. – 4 p.m.

Workshops and Speakers

Identity Theft: Facts and Prevention

Free

Did you know that identity theft is the number one crime in the US? Did you know that more than 30,000 people's identities are stolen every day? Did you know that you are at risk? Learn about this crime, how it happens, how it could happen to you, and how you can protect yourself. Instructor: Bill Estes, from the Estes Group.

#13689 Wed, Jan 17 10 – 11 a.m.

Advance Directives Workshop

\$3

This is a hands-on workshop on advance directives: the living will and the durable power of attorney for health care. Since the Terri Schiavo case, this issue is more important than ever before. An expert from Compassion and Choices of Washington will lead the workshop, and we'll provide a light lunch.

#13694 Wed, Feb 21 12 – 2 p.m.

AARP Drivers Safety

\$10/class

This is the nation's first and largest refresher course for drivers age 50 and older that has helped millions of drivers stay safe on today's roads, and in many cases receive a discount on insurance rates. **Please pay \$10 fee to instructor at first class.**

#13449 Sat (1/20 & 1/27) 10 a.m. – 2:30 p.m.

#13450 Sat (2/17 & 2/24) 10 a.m. – 2:30 p.m.

#13451 Sat (3/24 & 3/31) 10 a.m. – 2:30 p.m.

Winter Quarter 2007

Monday & Wednesday

6:30–8:00 a.m.	Early Lap Swim/Masters Workout (ends Feb 2)
6:00–7:30 a.m.	Early Lap Swim/Masters Workout (begins Feb 5)
11 a.m.–3:00 p.m.	Lap Swim
11:30a.m.–noon	Kinder Lessons
Noon–1:00 p.m.	Adapted Water Exercise
1:00–2:00 p.m.	Pool Playland
4:00–5:00 p.m.	Public Swim (Shallow end only)
5:30–8:00 p.m.	Lap Swim
5:00–6:00 p.m.	Youth Lessons (6 & up)
6:00–6:30 p.m.	Kinder Lessons (4–5 years)
6:00–6:45 p.m.	Aqua Jogging
6:30–8:00 p.m.	Public Swim

Tuesday & Thursday

11 a.m.–3:00 p.m.	Lap Swim
11:00–11:30 a.m.	Parent/Tot Lessons
11:30–noon	3 Year Old Lessons
Noon–1:00 p.m.	Pool Playland
4:00–5:00 p.m.	Public Swim (Shallow end only)
5:00–6:00 p.m.	Youth Lessons (6 & up)
5:30–8:00 p.m.	Lap Swim
6:00–6:30 p.m.	Kinder Lessons/Adult Lessons
6:30–7:00 p.m.	3 Year old/Tot Lessons
7:00–8:00 p.m.	Shallow Water Exercise/ Masters Workout

**Medgar Evers pool is available
for private splash parties,
please contact the pool for available times
and fees: 206-684-4766.**

Dive-In Movie Schedule

Swimming fun for the whole family. Enjoy swimming with the lights out while watching a family-appropriate film! Popcorn will be sold for \$2.00.

Fri, Jan 19	Hoodwinked PG
Fri, Feb 16	Ice Age – The Meltdown G
Fri, Mar 16	Garfield – Tail Of Two Kitties G

Friday

6:30–8:00 a.m.	Early Lap Swim/Masters Workout (ends Feb 2)
6:00–7:30 a.m.	Early Lap Swim/Masters Workout (begins Feb 5)
11 a.m.–3:00 p.m.	Lap Swim
Noon–1:00 p.m.	Pool Playland
4:00–5:30 p.m.	Public Swim (Shallow end only)
5:30–6:30 p.m.	Lap Swim
5:30–6:15 p.m.	Aqua Jogging
6:30–8:00 p.m.	Public Swim

Saturday

8:30–5:00 p.m.	Continuous Lap Swim
9:00–10:00 a.m.	Water Exercise
10:00–11:00 a.m.	Family Float Swim
11:00–11:30 a.m.	Kinder/Tot Lessons
11:30–noon	Beg/Adv. Youth Lessons
12–12:30 p.m.	3 Year Old/Adult lessons
12:30–1:00 p.m.	Private/Special Population lessons
1:30–2:50 p.m.	Public Swim
3:00–3:30 p.m.	Youth Lessons (6 and older)
3:30–4:00 p.m.	Kinder Lessons (4–5years)
4:00–5:00 p.m.	Public Swim (shallow only)

World Music Night

Explore our planet through the universal language of music! Enjoy a swim while our DJ spins world beats & global grooves, taking you on an international musical voyage to visit our neighbors across the seven seas.

1st Friday of every month during evening public swim, 6:30 – 8:00 p.m.

Recreational Swim Program Fees

Under 1 year	Free
Children (1-18 years)	\$2.75
Adults (19 & Over)	\$3.75
Sr. Adults/Sp. Pop	\$2.75
Recreational swim card	\$20.00

Water Fitness Program Fees:

Water Exercise/Aqua Jog	\$4.75
Senior Water Exercise/Aqua Jog	\$3.00
Fitness swim card	\$30.00
Adult FAST Pass	\$45.00
Senior/Disabled/Youth FAST Pass	\$35.00

Winter Quarter 2007

Recreational Swim Programs

***Early Morning Lap Swim** - Swimmers follow a posted set of lap swimming guidelines. Open to anyone who can swim lengths of the pool. Program admission is by swim ticket, check or exact change only.

Lap Swim - Lap swimming. At least 2 and usually 3 Lap Lanes will be available. Swimmers please follow the posted set of lap swim guidelines. Open to any age that can swim lengths. This program is offered in conjunction with other swims in the pool at the same time.

Masters Workout - A swim team workout for adults. Let our coach get you in shape. Get an invigorating workout, while receiving stroke and turn tips from the experts.

Public Swim - Recreational swimming for all ages. Children who are under 4' tall and who are under 6 years of age must be accompanied into the pool by an adult.

Family Float Swim/Pool Playland - Recreational swimming for the whole family. All ages may participate; however, parents must accompany children under the age of 18 into the pool.

Redwood Cedar Sauna - The Sauna is available during all of our hours of operation. Children under 18 must be accompanied by parent.

Weight Training Area - The Universal weight machines, Smith Machine, & free weights are available for use during all operating hours. Check out a weight pin from the cashier. For Adults 18 and over. Fee is \$1 with swim admission and \$2 without.

Fitness Programs

Shallow Water Exercise - Increase your flexibility and your range of motion in this low impact aerobic class. This is a terrific exercise program for all ages and abilities. Especially helpful to seniors and patients recovering from injuries.

Adapted Water Exercise - Primarily for seniors or those seeking joint mobility and flexibility, our instructors will help improve your quality of life. Class is set to relaxing big band and contemporary music.

Deep Water Aqua Jogging - This is a great way to experience the benefits of a really good run, without the harmful impact of the real thing. Perfect for athletes who are recovering from injuries. Participants in this program must be comfortable in deep water.



Swimming Lesson Programs

Parent Tot Swimming Lessons - 6 Months to 4 years

This class teaches basic water adjustment through more advanced swimming skills with an emphasis on enjoyment and relaxation.

Three Year Old lessons

Just for our three year old patrons! Parents watch from the deck while an experienced instructor teaches their child important skills needed to be comfortable in the water.

Kinder Lessons - Ages 4 & 5 years

Water adjustment, basic swimming skills as well as more advanced American Red Cross techniques are introduced and taught. Students are placed in small class groups, then divided into ability levels.

Beginning Youth Lessons - Ages 6 to 13

American Red Cross swimming lessons, skills taught begin with water adjustment for the novice and end with crawl stroke and deep water skills. Some optional diving techniques are also included.

Advanced Youth - Ages 6 to 13

This American Red Cross class is for advanced students who are comfortable swimming lengths of the pool in the deep end, and have strong floatation and crawl stroke skills.

Adult Lessons - Ages 13 and older

Novice through advanced levels of instruction. The classes are tailor made to the students needs. Special gentle attention is given to those adults who are aqua phobic.

Birthday & Splash Party Rentals

Medgar Evers Pool is available for your private rental. For more information call, 684-4766

How To Register For Lessons

Register online at www.seattle.gov/parks, call the pool at 684-4766 or come to the pool. Fees must be paid at the time of registration; spaces may not be reserved without payment. Registration is done on a first come, first served basis.

Learn To Swim

Through the 2000 Pro Parks Levy, the citizens of Seattle voted to provide funding for a free session of swimming lessons to all 3rd and 4th graders in the City of Seattle. More information is available at www.seattle.gov/parks/aquatics/learntoswim.htm

Financial assistance for children's swimming lessons is available. Please contact the pool for more information.

Community Phone List

Recreation Information

Public Information.....	206-684-4075
Compliments/Concerns.....	206-684-4837
Picnic Scheduling.....	206-684-8021
Youth Athletics.....	206-684-7094
Adult Athletics.....	206-684-7092
Teen Program TFT.....	206-684-7097
Teen Program-Late Night.....	206-684-7136
Tennis Court Scheduling.....	206-684-7082
Garfield Teen Life Center.....	206-684-4550
E. Cherry YWCA.....	206-320-9768
Rotary Boys and Girls.....	206-324-7317
Meredith Matthews YMCA.....	206-322-6969

Community Services

Chamber of Commerce.....	206-325-2864
Rotary Boys and Girls Club.....	206-324-7317
Central Neighborhood Service Center.....	206-684-4767
East Precinct.....	206-684-4300
Metro Transit Rider Info.....	206-553-3000
Police non emergency.....	206-583-2111
Garfield Family Center.....	206-861-8248
El Centro De La Raza.....	206-329-9442
City Year.....	206-728-4883
Douglass Truth Library.....	206-684-4704
Central Area Motivational Program.....	206-812-4940

School Information

T.T Minor.....	206-252-3230
African American Academy.....	206-252-6650
Gatzert School.....	206-252-2810
MLK School.....	206-252-2900
Garfield H.S.....	206-252-9400
Lowell.....	206-252-3020
Zion Prep.....	206-723-0580
Thurgood Marshall.....	206-252-2800
Madrona School.....	206-252-3100
Washington Middle School.....	206-252-2600

Special Interests

Asian Art Museum.....	206-654-3100
Daybreak Star Cultural Ctr.....	206-285-4425
Discovery Park.....	206-386-4236
Woodland Park Zoo.....	206-684-4800
Volunteer Pk. Conservatory.....	206-684-4743

Seniors Information

Senior Programs.....	206-233-7255
Central Area Senior Center.....	206-461-7816
Aquarium.....	206-386-4320

Sports Information

Capitol Hill Soccer.....	206-324-3473
Green Lake Small Craft Ctr.....	206-684-4074
Mt. Baker Rowing/Sailing.....	206-386-1913
Athletic Field Scheduling.....	206-684-4077
Seattle Tennis Center.....	206-684-4764
Seattle Little League.....	206-721-3534
Seattle International Baseball.....	206-324-3003
Central Area Panthers Football.....	206-853-3181
Field Scheduling.....	206-684-4077
Field Rain-Out Line.....	206-233-0055

Community Centers and Pools

Alki.....	206-684-7430
Ballard.....	206-684-4093
Bitter Lake.....	206-684-7524
Delridge.....	206-684-7423
Garfield.....	206-684-4788
Green Lake.....	206-684-0780
Hiawatha.....	206-684-7441
Highpoint.....	206-684-7422
Jefferson.....	206-684-7481
Langston Hughes.....	206-684-4757
Laurelhurst.....	206-684-7529
Leschi.....	206-726-6760
Loyal Heights.....	206-684-4052
Magnolia.....	206-386-4235
Magnuson.....	206-684-7026
Meadowbrook.....	206-684-7522
Miller.....	206-684-4753
Montlake.....	206-684-4736
Queen Anne.....	206-386-4240
Rainier.....	206-386-1919
Rainier Beach.....	206-386-1925
Ravenna-Eckstein.....	206-684-7534
Southwest.....	206-684-7438
Teen Life Center.....	206-684-4550
Van Asselt.....	206-386-1921
Yesler.....	206-386-1245
Queen Anne Pool.....	206-386-4282
Ballard Pool.....	206-684-4094
Medgar Evers Pool.....	206-684-4766
Pop Mounger Pool.....	206-684-4708
Colman Pool.....	206-684-7494